



GROUP JUGGLE

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

High

Materials

- Several soft objects that can be thrown safely across a room. Tennis balls, Stress balls, rubber chicken, foam dice, etc.

Method

- Have the group form a large circle with everyone facing the center. Start by tossing a ball across the circle to another person. As you toss, call out the name of the person to whom you are throwing the ball. This lets them know that the ball is coming to them and allows everyone to hear their name.
- Continue until the ball makes it to every person in the group once. Once someone receives the ball they cannot get it again. The last person throws it back to the facilitator.
- Repeat this process with one ball or item until the group has the pattern down.
- After that, repeat the process but add additional balls or objects to make it more confusing. Try to get up to at least 5 items going around the circle.

Variation(s)

- Use only one item but allow the group to attempt to figure out how to get the ball around the pattern as fast as possible. Allow everyone to make suggestions and work out the problem of achieving the fastest pace.
- Use 5 items but make the 5th item go in reverse order to the first 4.

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- In between each round if the group is getting dysregulated facilitator will lead a regulation technique for the group.